



Malden Public Schools Title I Parent Connection

Learning at the Grocery Store

Making it through the grocery store with a couple of kids is likely every parent's challenge. The kids aren't often that excited about the trip either. You likely have no other choice since there is no one else to watch them. However, the grocery store can present some wonderful opportunities for learning.

Make a list. Enlist your child to help you write out a list of what your family needs. Make them in charge of the list. Have them cross out the items as you place them in the cart.

Add it up. Have your kids come up with combinations of items from the grocery cart that equal \$20 or another amount.

Read the labels. Have the kids read the labels. Which food is healthier? What vitamins and minerals are in the foods? Have them take a stab at reading the ingredients.

Check the expiration dates. Have your kids check out the expiration dates on items.

Estimate the weight. For fruits and vegetables, have your child estimate how many apples you'll need. Weight them and see if they are right.

Compare the costs. Look at different sizes of an item and their cost. Have your children estimate which is the better deal. Older children should be able to figure out which is actually the better deal.

Teach market savvy. In the cereal aisle, how cereals for kids are located in the lower shelves. How does the packaging differ on the cereals or other items marketed toward kids? What subtle message can you find in the packaging and language on the boxes?

Think geography. Look for where item were produced and see how far you can travel.

Read the aisle. As you stroll down the aisle, ask your child to read the signs to see if an item will be there. "We are looking for spaghetti now. Do you think you will find it in this aisle?"

Learn the food pyramid. As you put foods into the cart, have your children name where it would go on the food pyramid. Ask the kids, "Do we have foods that represent a balanced diet?"

Estimate the total cost. Have everyone estimate what the total bill will come to. The closest to the actual amount wins. Try estimating how many bags you'll need to package everything up.

On your way home, read the receipt. Have your kids find the most expensive food or the least expensive food. Have them find the fruits and vegetables. Have them take two or three items and find their cost.

Try one of these ideas on your next trip to the grocery store. Perhaps, you and your kids can dread the trip just a little less. Maybe, it can actually be fun. Or, consider that being able to effectively manage a grocery store is a life skill you are teaching your child.

Written by Margaret Adams, Director of Title I, Language and Literacy

Malden Public
Schools
Title I Office
200 Pleasant Street
Malden, MA 02148
781-397-7332

Margaret Adams,
Director of Literacy
and Language
madams@cityofmalden.org

Janice Raymond,
Assistant Director
of Title I/Literacy
jraymond@malden.mec.edu

Pat Fish
Title I Parent
Coordinator
781-388-0663
pfish@malden.mec.edu

Visit us online at
[www.Maldenfamilies.
wikispaces.com](http://www.Maldenfamilies.wikispaces.com)

